

FROZEN MEALS ON WHEELS

North Grey	Phone: 519-372-2091 Fax: 519-371-3682	mow@homecommunitysupport.com
Meaford/ Thornbury	Ext. 2224	

MINIMUM ORDER

7 entrees: \$31.80

8 puree: \$31.80

or

5 entrees and any combination of 5 soup and/or desserts for \$31.80

Additional items may be ordered individually

entrees: \$4.75 puree: \$4.00 desserts: \$1.75 side dishes: \$1.75 soups: \$1.75

Phone, mail or fax your order to the East Grey office
before the deadlines listed below:

DEADLINE FOR ORDERING	DELIVERY DATE	<u>HEATING INSTRUCTIONS</u>
December 13, 2016	December 22, 2016	Entrees can be heated in the microwave or conventional oven.
January 10, 2017	January 19, 2017	DO NOT USE A TOASTER OVEN.
February 7, 2017	February 16, 2017	Follow the heating instructions found on the package.
March 7, 2017	March 16, 2017	
April 11, 2017	April 20, 2017	
May 9, 2017	May 18, 2017	
June 6, 2017	June 15, 2017	
July 11, 2017	July 20, 2017	
August 8, 2017	August 17, 2017	
September 12, 2017	September 21, 2017	
October 10, 2017	October 19, 2017	
November 7, 2017	November 16, 2017	
December 12, 2017	December 21, 2017	

FOR YOUR CONVENIENCE

Please make sure your order is placed in the freezer immediately upon delivery.

We have gift certificates available for you to give to eligible friends or family who may be in need of frozen meals or who may be interested in just trying them. Call our office to purchase your gift certificates.

If you are not going to be home on the day your frozen meals are to be delivered, please remember to call our office to make pick up arrangements.

We will be calling all clients for their orders the week before the above deadlines. Please feel free to call, mail, or fax your order in

